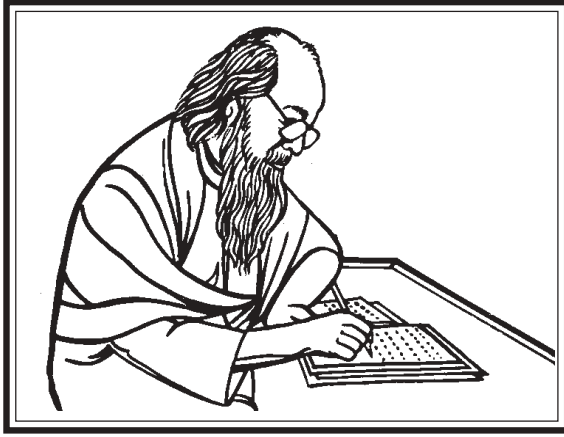


THE WHOLE WORLD MAY ENJOY PROSPERITY, HAPPINESS AND PEACE.



# General Letter No. 413

Dear SKY practitioners, Brahma Gnanis, Trustees of Temples of Consciousness, readers of Anboli.

I convey my heartfelt blessings to all of you. May you and your family members be full of contentment, peace and happiness. I am keeping good health and taking rest in Temple of Consciousness, Aliyar. Our SKY Professors are conducting all courses to my full satisfaction.

This month, on New Year Day, Jan 1<sup>st</sup>, 2006, I was glad to be able to come down to the verandah of Temple of Consciousness and personally bless and greet the assembled members.

From Jan 2<sup>nd</sup> to 4<sup>th</sup>, we held one Brahma Gnana Course in Kannada language; 600 people participated. From 6<sup>th</sup> to 8<sup>th</sup> Jan, one SKY Master Course was conducted.

On Sunday, January 8<sup>th</sup>, the Convocation ceremony was held for the fifth batch of "VISION" students. A total of 35 (13 males and 22 females) successfully completed the 4 month Diploma Course. Dr.D. Viswanathan, Anna University Vice-Chancellor, issued the diplomas.

He also issued the SKY Master Certificates to 375 candidates who participated in

the Master Course. Sri SKM Maeilanandhan, President, WCSC, presided over the function. Dr. Viswanathan appreciated the Vethathirian Philosophy and the programs held here in Aliyar.

He assured that he will do his utmost to bring Vethathirian philosophy and practical teachings into the curriculum of Anna University which is the governing body for all the engineering colleges in Tamil Nadu, comprising a total of over 4,00,000 students.

Now we are conducting "Mounam", i.e., Silent Retreat, from 9<sup>th</sup> to 15<sup>th</sup> January. Over 150 people are participating in the Mounam and doing silent meditation and introspection. From January 20<sup>th</sup> to 22<sup>nd</sup>, we will hold one Brahma Gnana Course in Tamil. January 27<sup>th</sup> to 29<sup>th</sup> we will conduct Brahma Gnana Course in Kannada language.

February 3<sup>rd</sup> to 5<sup>th</sup> there will be one Brahma Gnana Course in Tamil. From the 6<sup>th</sup>

to 8<sup>th</sup> February one more Brahma Gnana Course in Kannada language will be held. From February 10<sup>th</sup> to 12<sup>th</sup> will be one SKY Master Course in Tamil and from the 14<sup>th</sup> to 16<sup>th</sup> February one special course on 'Meditation and Philosophy' will be conducted. Thereafter we will conduct a Brahma Gnana Course in Tamil from February 17<sup>th</sup> to 19<sup>th</sup> and one Personality Development Course in Tamil, for 6 days from the 21<sup>st</sup> to 26<sup>th</sup> February, 2006.

First week in March, 2006, from the 3<sup>rd</sup> to 5<sup>th</sup>, there will be one Brahma Ganana course in Tamil.

For information about other programs, please see the next issue of Anboli.

Dear Friends! I am extremely glad and thankful for all your New Year blessings and presentations, both given in person as well as through post.

Aliyar  
Date : 10.1.2006  
W.P.Y: 10.1.21

Yours Sincerely  
**Vethathiri**  
World Citizen

## PSYCHIC EXTENSION OF LIFE FORCE

Maharishi

### Body, Life Force & Mind

Physical body, life-force and mind, these three are inter connected and interlinked in their existence and function in man. When anyone of these three get disturbed by any reason, the other two also will be affected proportionately. In fact, the feeler of all sensation is only life force which is called as soul in the human personality.

Even then, man thinks that the physical body is the feeler of the sensations. It is an illusory imagination. As the life force is a subjective phenomenon which could not be perceived by any of the knowledge and is limited only upto the

sensual perceptions in the beginning stage of its development, man is not able to understand that he is the life force (soul) and the physical body is only the vehicle for him.

So, he misses his own subjective existence, life force and illusively identifies the physical body as self. This confusion in the identity of self as physical body, missing the main and important phenomenon, life force (soul), creates all sorts of problems in life.

Because, such a false identity enslaves man in sensual intoxication and binds him in material consciousness which is the root cause of ego and all kinds of emotional temperaments.

**Man misses his own subjective existence, life force and illusively identifies the physical body as self.**

### Three kinds of Sensation

In our lofty endeavour in the search over and actualisation of sensation, we have to understand one more psychic experience other than pleasure and pain. That one is peace. Experience of physical transformation of life force (soul) into pressure, sound, heat, taste, smell and thought is the sensation.

This is normal and common in all people. Whenever this equilibrium and the standpoint of sensation is disturbed, such aggravation is called pain or pleasure. So, a normal sensation is peace. Little aggravation of sensation which is harmonious to the metabolic routines is pleasure. Too much aggravation which results in short circuit of bio-current in any part of the body is pain. Therefore, there are three

kinds of feelings, i.e., pain, pleasure and peace, in the series of sensations. Let us find the definitions for them.

We have to know how to discriminate pain and pleasure into two kinds; they are physical and mental. This kind of understanding will help us to avoid pains to a greater extent and to maintain peace in life.

Already I have mentioned that the feeler of the pain and pleasure is life force (soul). I have also explained that the short circuit of the life force in its process of physical transformation as electricity and its electrical functions is pain.

### Physical Pain

When the short circuit of bio-current comes from or is caused by the physical body, it is physical pain. When the short circuit comes from or is

**Little aggravation of sensation which is harmonious to the metabolic routines is pleasure.**

**Too much aggravation which results in short circuit of bio-current body is pain.**

caused by the mental function, it is psychic pain.

Explanation: one gets hurt in any part of the physical body. The blood, heat or air circulation gets struck up or disturbed by the clash, puncture, or congestion in the particular part of the body. Eventually, the life force gets obstructed, stagnated or abnormally converted into electricity and short circuited.

The pain starts in a degree proportionate to the intensity of short circuit. This is physical pain. Similarly, by neglect, over indulgence or improper use of food, rest, work and sexual gratification, disturbance in the metabolic routine occurs which result in short circuit of life magnetism and pain. Such kinds are physical pains.

## Physical Pleasure

Physical Pleasure is experienced in the following three circumstances:-

1. Elimination of accumulated wastes of the physical body, 2. Release of surplus life energy in a normal degree through the senses and physical labour and 3. Increase in the stock of life force by avoiding wastes.

## Psychic Pain

A man is a farmer. His field is ready for harvest. There is cloud in the SKY. He imagines that the rain may pour and all the grains may be destroyed. He feels restless and sad. Similarly, facing or experiencing some occurrences of the present thinking, the memories of the past, or imaginings of the future conflicting with

**By neglect, over indulgence or improper use of food, rest, work and sexual gratification, disturbance in the metabolic routine occurs which result in short circuit of life magnetism and pain. Such kinds are physical pains.**

one's own notion of justice, happiness and benefits, a man gets sorrow, worry, uncomfortable feelings or pain. These are all psychic pains.

### **Psychic Pleasure**

Positive mental images and imagination with the expectation or confidence of getting future benefits, present experience by hearing the news or seeing a result which was expected to be achieved or which is imagined as profitable or happiness to the relatives, these and such others are the psychic pleasures.

There is one more source of pain and pleasure which is coming from neither body nor mind. It is caused directly to the life force and then, it is felt in the body or in the mind as pain. The radiation of celestial bodies such as planets of solar system and other stars may affect the life force directly. We can analyse the pain and pleasures into physical and psychic.

Also simultaneously, one can experience physical pain or psychic pleasure and psychic pleasure and physical pain. Example : A married girl is very anxious to have a child. She gets conception. During the period of pregnancy, she has to face many difficulties. Physically she is feeling pain but mentally she is happy that she is going to get a child of her own.

One is feeling sad by the loss of his father. Such mental pain may continue for several days. During the period, he may come across with several physical pleasures, such as eating delicious foods, etc.

### **Peace**

But in experiencing peace, one should be beyond both physical and psychic pains and pleasures. The purpose of life and method of living should cope with one another to experience peace. Also the atmosphere and the environmental conditions should be

harmonious. Further, one has to know what is peace, how to develop, maintain and enjoy that peace.

## Compilation

1. Physical body, the life force and mind, these three are interconnected and interlinked in the existence of man. Feeler of the pain and pleasure is life force (soul). Apart from pain and pleasure sensation, there is another experience which is peace.

2. Pain and Pleasure may come from three sources: (a) from physical body; (b) from psychic function; (c) directly to the life force by astronomical raditations. They will directly affect on the vibrating speed of life force and even-

tually cause illness to physical body and disturbance to mind. This item was not detailed in this article because it will require several pages.

3. Man wrongly identifies himself as a physical phenomenon because his subjective existence could not be perceived by the senses and he started living on the earth only with the sensual activities.

4. Whatever the pain may be, it is the significance of the short circuit of bio-current which is the converted stage of life force (human magnetism). Peace is a much valuable experience which could be enjoyed only after the development of knowledge to a certain height.



## **SWAMIJI'S PHILOSOPHY IN ELECTRONIC MEDIA**

The audio of a short speech made by Swamiji at Aliyar on New year's eve is available for download from our website [www.vethathiri.org](http://www.vethathiri.org).

More information can be found in the "News" section of the website.

**Mind\*Think / Mind\*Hit**  
(An email circulation)

Subscribe : [rajasekar@vethathiri.org](mailto:rajasekar@vethathiri.org)

**Reach World Peace by Individual peace.**

## NEWS

- \* Be blessed by the Divine. Wish you all a Happy and Prosperous New Year.
- \* The health of our Spiritual Father is progressing well. His doctors have advised him complete rest for a few months, hence, the evening blessing sessions on Tuesdays and Wednesdays are postponed for a couple of months.
- \* SKY Professor A/n.R. Mariammal visited Srilanka and conducted SKY Meditation courses at Srilanka MVKM Trust from 9.12.05 to 17.12.05. Immense number of people participated in the courses and were benefited.
- \* On The New Years Day at Aliyar, our beloved Swamiji met the gathering and blessed them all.
- \* On 01.01.2006 at Erode MVKM Trust, The World Peace day was celebrated. The WCSC President A/n. SKM. Maeilanandhan delivered the special address and initiated the ceremony at 6.00 am. with the slogan Vazhga Vaiyagam! Vazhga Valamudan. The conclusion of the ceremony was performed at 6.00 pm by the WCSC Joint Secretary A/n. P. Paramasivan.
- \* On 01.01.2006 The World Peace day function was celebrated at WCSC headquarters, Chennai. Many dignitaries participated and addressed the gathering. The WCSC General Secretary, A/n.T.N. Arulanandhan delivered the Presidential address. A large number of people attended the function.
- \* On 07.01.2006 at Raya Mahal, Kumbakonam, a conference was held regarding "Sociology and Theology in Vethathiriam". The WCSC President, A/n. SKM. Maeilanandhan presided over the function and delivered a special address on "Social Justice in Vethathiriam". About 1,500 people attended the conference and were immensely benefited.
- \* On 08.01.2006 at Temple of Consciousness Aliyar, Vision for Wisdom convocation was held. The Chief Guest Thiru. Dr. D. Viswanathan, Vice-Chancellor, Anna University distributed the certificates to the participants. The WCSC President, A/n.SK.M. Maeilanandhan Eulogized the participants.



## The Greatness and Importance of Guru, the Spiritual Master

By Mani, Chennai.

Based on the teachings and philosophy of  
**Vethathiri Maharishi**

*'God's presence is my companion, God's love is my protection,  
God's power is my strength, God's wisdom is my guidance.'*

### **Who really is a Guru**

What you have just read is a prayer. When we talk to god, it is a prayer. When he answers, it is his grace and guidance. To speak to God. one should know Him; to know about God one requires some guidance; to contact him one needs an instrument. Guru, the spiritual master is the guide who leads man to God; he is the bridge between man and God and an instrument to contact God.

The word Guru has got many shades of meaning- Guru, Acharya, Rajaguru, Yoga

guru, Upadhyaya, Paracharya etc., Generally the word Guru has been used as '*one who teaches*'. Hence, the word can be applied to anyone who teaches. So, we have Gurus for fine arts, performing arts and even for martial arts. It is a term used by all and sundry to indicate someone who is an expert in a given discipline and teaches the discipline.

The word guru is made up of two syllables '*gu*' and '*ru*'; '*gu*' stands for darkness; and '*ru*' stands for one who dispels darkness. So, Guru means one who dispels darkness.

***The word guru is made up of two syllables 'gu' and 'ru'; 'gu' stands for darkness; and 'ru' stands for one who dispels darkness.***

## **Some of Guru's**

Then, who is called the real Guru? Can a person who teaches Maths or English or Yoga etc be called as Guru? No. He is only a teacher. Guru is a person who has realised God and lives in awareness always. He helps another person to realise himself as God. As a teacher, he teaches philosophy and his experiences to others.

Parents give us body and mind. With the help of this body and mind we live our entire life. We have latent power within ourselves. To develop and manifest this latent power, a guide is required. This guide is called a teacher for achieving secular things, for achieving spiritual perfection, this guide is called a Guru. Hence, Guru is more than a teacher. He is a person of realisation, awareness and knowledge.

Adi Sankara, Sri Ramakrishna Paramahansa, Sri Ramana, Shri Narayana guru, and Shri Vethathiri Maharishi are some of the persons who come under the category of Gurus.

From time to time, to solve the problems of the society, the power of God manifests itself through a man. We call that person as Guru. The almighty God is in fact the Guru of All. In the Indian tradition, Guru has been given a very high place. Hence it is said in the Guru stotram:

*'Salutations to that noble Teacher who is Brahma, Vishnu and Lord Parameshwara; and who is the supreme Brahman.'*

*'You alone are my mother, you alone my father, you alone my relative and you alone my friend. You alone are my knowledge and wealth.'*

***The ignorance that we have not understood ourselves is the fundamental reason for all the confusions.***

*You, O, God of Gods, are everything to me.'*

### ***The need for a Guru :***

What are the reasons for our different doubts, fears and worries? The ignorance that we have not understood ourselves is the fundamental reason for all the above confusions. The person who helps us to get rid off this ignorance is the real Guru. Therefore, it is said in the upanishadic prayer thus:-

*'Lead us from unreal to truth, from darkness to light, from death to immortality.'*

Thathuvagnani Vethathiri Maharishi says, *'Let the Divine Power guide us, protect us, and help us at all times, day and night, at all places, in all our activities.'*

Man gets into touch with people and things through his mind only. The mind works

through the senses. The mind records the experiences and enjoyments of man. We call this record as imprints. These imprints are available in 2 tier, one over the other.

The imprints created from our date of birth till today are called current impressions or prarabdha karma. The imprints that one gets from his parents are called Sanchita Karma or hereditary imprints. These are the accumulated imprints carried forward from our fore-fathers.

The Prarabdha is built up from hereditary imprints. These two imprints put together are called the character of a person. These two imprints are available in 2 tier, one over the other, The future activities/ results (called Akamiya Karma) of a person depends on these two imprints only.

***From time to time, to solve the problems of the society, the power of God manifests it-self through a man. We call that person as Guru.***

## ***Meditation's Goal***

As per the evolution theory, man has originated from animals. Hence, by and large, man works like an animal using the senses without awareness. But, in man, the sixth sense has developed and it wants to attain totality or god consciousness or total awareness.

With the result, there is always a conflict between the functioning of the sixth sense and five senses. To eliminate this conflict, and to make the sixth sense achieve the goal, a technique is given. This technique is called Meditation.

Normally, a child is born out of the sexual evolutions of parents. Hence, the sixth sense will be contained in the normal sensual activities and it will be a slave to the senses. Therefore, awareness will not be there in the activities of the person.

This we call as '*Maya*' or '*intoxicated state*'. If a person does his work with awareness, then, that state is called '*Gnana or wisdom*'. He is said to be a '*wise man or Guru*'. Unless the sixth sense is relieved from the clutches of the five senses, a person cannot get peace, happiness and awareness. A person cannot achieve this out of his own efforts alone. He requires an external help, that is the help of a Guru.

The Guru guides him to get rid-off himself from the clutches of the senses, makes him to realise himself and do all the activities with awareness. This guidance is called upadesh or Diksha or Meditation. For this, the Guru has to pass his life-force into the body of the disciple so that the life-force of Guru mixes with that of the disciple and so the disciple gets awareness.

***The imprints created from our date of birth  
till today are called current impressions  
or prarabdha karma.***

## **The Three Kinds of Diksha**

The Guru transfers his life-force to the disciple in three ways:-

- i) By touch (sparisha Diksha)
- ii) Through Eyes (Saksha Diksha) and
- iii) By mind (Manasa Diksha).

Thus, in a discipline body, in addition to his father's and mother's life-force, the Guru's life-force is also available. Therefore, the Taittiriya upanished (siksavalli-verse 22) declares:

*'Let your mother be a God for you; let your father be treated like a God; let your preceptor receive divine honour'*

While admisistrating meditation, Tattuvagnani Vethathiri Maharishi declares the same in the following manner:-

*'Salutations to Mother! Salutations to Father! Salutations to spiritual Master-the Guru!'*

Thus, the Guru by his guidance opens the disciple's eye of wisdom so that he can live a happy and peaceful life here and here after and attain liberation. Such is the importance and greatness of Guru.

Now, how to identify a great Guru, a living great saint, a Mahan, a Mahatma in this world?

There are four parametres to identify great saint or Mahatma:- (1) They are courageous persons. (2) They have a very strong mind. (3) They are persons who can think beyond their present life term and (4) They are persons, who, without any hesitation and fear, declare the subtle truths which they have experienced for the welfare of humanity.

***The imprints that one gets from his parents are called Sanchita Karma or hereditary imprints.***

### ***Pilgrimage towards truth***

The above yardstick makes Tattuvagnani Vethathiri Maharishi a worship ful great saint of this century and the centuries to come.

Thatuvagnani Vethathiri Maharishi was born in a poor weaver's family and hence he could not continue his school education beyond III standard. His passion for learning was intense and he started educating himself from a very young age. His pursuit of knowledge slowly become a pilgrimage towards truth.

He worked for his livelihood and his career was a colourful one:- an apprentice weaver, a qualified practitioner of Indian Medicine, a government employee on a meagre salary, a master-weaver owning more than a thousand looms, the head of a flourishing textile firm and later when material

fortune ceased to smile, he kept on smiling and continued his journey towards Truth.

But through out his long journey his vision never wavered and his steps never faltered with rare single mindedness, he marched towards his goal, unmindful of the riches that come his way or the poverty that sought to overpower him often. In spite of many hardships in life, with courage and strong mind he worked very hard and as a result of ceaseless efforts through meditation and research he got enlightenment at the age of 35.

Thathuvagnani Vethathiri Maharishi is a great Tamil poet who has written more than 2,000 spiritual and philosophy poems in Tamil. In these poems he conveys the message of spirituality combining with science, thereby creating a new style of poetic literature in Tamil.

***As a result of ceaseless efforts through meditation and research, Maharishi got enlightenment at the age of 35.***

When we read his poems, we are transformed to a new world altogether. In one of his poems he says, *'The inherent qualities of eternal space are plenum, force, consciousness and time. This is god'*. When we read these lines we observe in him a Thathuvagnani (Philosopher).

### **God and Man**

In another poem, referring to the relationship between god and man, he observes, *'The eternal space or god has become man. By raising his thoughts and mind beyond the sense, he has seen everything as god, the primordial energy.'* In these lines we note the advaita of Adi Sankara.

Yet in another poem, talking about the evolution of universe, he says:

*'The eternal space is self-compressive surrounding Pressure force. Due to the self compressive surrounding force, the eternal space crumbles and becomes the formative dust particles. Because of the self-compressive surrounding force, the formative dust particles combine to form the akashic particles.'* (i.e the atoms) here we find that science and spirituality join hands with each other.

Like this in his Tamil, poems, we will be surprised to note the combination of the advaita of Adi Sankara, the scientific ideas of Albert Einstein, the introspection of Saint Ramana Maharishi, the ethical and virtuous life of Tiruvalluvar, the equanimity of Vallalar Ramalinga Swamy.


While reading his poems one observes that he is a great

**He is a great thinker who thinks beyond his present time and without any fear and hesitation, boldly conveys his experiences and ideas.**



thinker who thinks beyond his present time and without any fear and hesitation, boldly conveys his experiences and ideas.

So far, only literates were discussing on philosophy; only university professors and scientists were speaking on science subjects. But now, Thathuvagnani Vethathiri Maharishi Simplified both science and philosophy in such a way that even house wives and illiterates can feel, think and discuss on these subjects.

He gave philosophy to one and all without any difference, in a simple language so that any body can understand and practise it. At the same time, he ensured that the spirit and intensity of the philosophy was not altered. 

#### **RENEWAL OF SUBSCRIPTION :**

Subscriptions from No. E.An.5216 to E.An. 5334 ends with this month. Those subscribers are requested to renew their subscription not later than 12th February 2006 to get March 2006 issue. Belated receipt of subscription amounts will be accommodated from the month of April 2006.

## **ANBOLI**

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***Quoting of subscription number is a must.***

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- Editor, Anboli.



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## REGULATED FOOD HABITS

A/N. S. PUVANASEKAR  
Kalpakkam. (Camp.U.S.A)

*(Reproduced from Kalpakkam 25th Anniversary Souvenir)*

All of us know that the food is very much essential for survival of all living beings. However the food should be chosen and the same is easily digestible by anyone, soft enough for our condition, nutritious and in proper quantity. Unregulated food habits only may pave way for ones ill health. One may sometime think that the situation can be managed by administering medicines.

As the saying goes '*Prevention is better than cure*', it is preferable to be cautions and be aware of the consequences if he consumes excess fat (Cholesterol), sweet, salt and hot diets. Though we do have an immune system with us by nature, it can work upto certain level only. Beyond which the condition leads to pain followed by ailments.

In such a context, we resort to medicines. If the built in immunity is inadequate, we go for external thing which is called as medicine. However medicine should be sought in extraordinary circumstances only

and it is advisable to desist from frequent and prolonged way of taking medicines. Because, in the process of curing an ailment, the medicine may cause some other damage to the system. For example, the pain relievers may cause liver damage if not taken with enough precaution.

The best way to be healthy is to regularly do the simplified physical exercises devised by '*Guru Vethathiri Maharishi*'. Maharishi's exercises also guides for proper way of food habits and is wonderful for everyone for not only taking note of it but to adopt as a daily routine.


He says "*the next food is to be taken one hour after sensing hunger*." By this, Maharishi is going one step beyond from what we heard of '*Eat while you are hungry*' for a good reason. This method with good practice is very useful for everyone to live healthily. This way of food habit also avoids possible over loading of the stomach and the digestive system.

Accordingly, the system is protected for trouble free serving throughout one's life time. By following Maharishi's advise the quantity of required food is also automatically streamlined and regulated so as to sense the hunger intime.

Here it is better to keep in mind that the required energy for functioning of body and mind is not obtained through food alone. Energy also comes from the oxygen we breathe from the cosmic radiation and atomic fission from centre of earth. By keeping the stomach, full always one is deprived of getting other

forms of energies and lands up with problems such as Calcium/Iron deficiency, etc.

Perhaps for this reason, in olden days, elders suggested doing fasting in some auspicious days to guide a good frequency also. However, by observing total fasting in some days and unregulated eatings in other time may not help in any way.

Also, the digestive juice being strong, the total fasting for more hours may lead to problems like ulcer. Hence, as guided by Maharishi little fasting before each food is sager and will lead for a healthy living. 

## **ANNOUNCEMENT**

On his own request **Dr.G.Alagar Ramanujam**, has been relieved from the Posts of Secretary, Brain Trust and SKY Professor with effect from 31.12.2005.

SKY Professor **Dr.S.Letchoumanane** has taken over charges as Secretary, Brain Trust with effect from 01.01.2006. All correspondences regarding Brain Trust may be addressed to him.

President  
The World Community Service Centre

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